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Pretty things that sting



Photos: Jody Green, Nebraska Extension in Lancaster County



Bees, like this honey bee (shown magnified), have a fuzzy appearance. When at rest, their wings lie flat and unfolded. They tuck their legs underneath their bodies during flight as they forage for nectar and pollen.

Wasps, like this yellowjacket (shown magnified), appear shiny, with less hair. When at rest, their wings are folded into a narrow strip. Their legs tend to dangle during flight. They feed on nectar as adults, but prey on other insects to feed their larvae.

Jody Green

Extension Educator

help families protect themselves and enjoy summer to the fullest. Bees and wasps are classified as either social or solitary insects.

Social bees and wasps

Social bees (honey bees and bumble bees) and wasps (paper wasps, yellowjackets, hornets) live in large colonies and can become aggressive when threatened.

Honey bees are perennial species that survive the winter. Sometimes, honey bees swarm when the queen and a large number of worker bees leave the hive in search of a new location like a hollow tree, wall void or

other protected area.

All other social colonies are annual, which means they are founded each spring by a lone, fertilized queen that has overwintered in a protective site. As the weather warms up, she becomes active and begins to search for a suitable location to begin construction of her nest.

Bumble bees typically nest in protected sites underground like abandoned rodent burrows or under sheds, but can also nest above ground in compost piles, bird boxes and thick grass.

Paper wasps, yellow-jackets and hornets live in paper nests, constructed by the founding queen using chewed up wood fibers and saliva.

Paper wasp nests consist of a single-layer of downward-facing, exposed cells which are normally constructed under a horizontal surface like the overhangs of buildings or inside cavities.

Yellowjacket and hornet nests consist of a series of round

combs, stacked in tiers and covered in a paper envelope. They can take the form of a ball-shaped, aerial nest or in an underground burrow or inside a wall void or attic.

Solitary bees and wasps

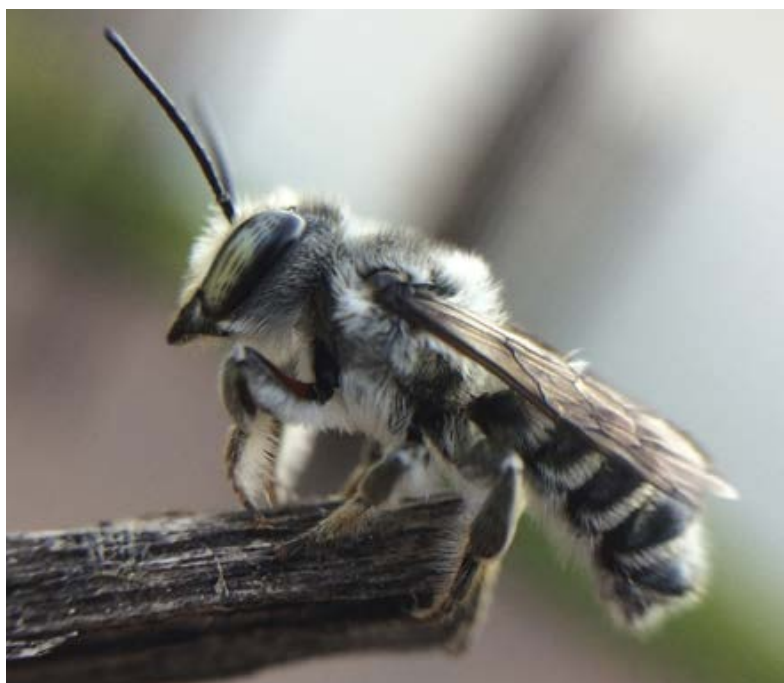
Solitary bees and wasps which live and forage alone are usually quite docile. Sometimes they nest in aggregations in lawns and landscapes, but each female builds her own nest to provision with food for her larvae.

Solitary bees include **carpenter bees, digger bees, sweat bees, mining bees, mason bees** and **leafcutter bees**. The lone,

fertilized female prepares each cell with pollen, nectar and her own egg. The species determine the location and material with which she builds her nest and chambers.

Solitary wasps include **cicada killers, mud daubers, digger wasps, grasp-carrier wasps** and **sand wasps**. Solitary wasps are parasitoids where they capture live organisms for their offspring and lay an egg on the body for their emerging larvae to feed on. The female provisions her cells and chambers with paralyzed prey, which, depending on the species, may contain cicadas, spiders, crickets, flies or caterpillars.

see STING on p. 4



Leafcutter bees (shown magnified) are gentle, solitary, hole-nesting bees that gardeners want to attract to their yard to pollinate fruit trees, flowers and vegetables. They are superior pollinators, carrying pollen on the underside of their abdomen.



Some solitary wasps, like this pretty cuckoo wasp (shown magnified), lays their eggs in the nests of other stinging insects like bees and wasps, and their larvae feed on the larval form of the prey.



Cow killer ant/velvet ant (shown magnified) is a wingless female solitary wasp. Its bright colors act as a warning signal for predators. Though her venom is not very toxic, her sting is very painful.

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5 ways to make a healthier trail mix

Kayla Colgrove
MS, RDN, ACSM-CPT
Extension Educator

Looking for a snack that is simple and healthy? Trail mix is a perfect snack to eat on the go or at home. It does not require refrigeration, so it can be tucked away in your office desk drawer or packed in a bag when you need a quick snack. Be careful though, some trail mix recipes may not be healthy. When making a homemade trail mix, you are in control of the ingredients. Follow these five strategies to make a healthier trail mix.

Choose whole grains

Whole grain cereals with low amounts of sugar or air-popped popcorn make a great addition to a healthy trail mix. Whole grains are healthier than refined grains since they are packed with the following nutrients: zinc, magnesium, B vitamins and fiber.

Look for products that include a whole grain stamp or whole-grain ingredients such as brown rice, buckwheat, bulgur, millet, oatmeal, popcorn, quinoa, rolled oats, whole-grain barley, whole-grain corn, sorghum, whole-grain triticale, whole oats, whole wheat and wild rice.

Add dried fruit

Dried fruit can help you reach your daily recommendation of fruits. A 1/2 cup of dried fruit can be considered as 1 cup from the Fruit Group. Dried fruit is naturally sweet, so remember to avoid products that include added sugars such as sugar or corn syrup in the ingredient list to avoid extra calories.

Include protein

Snacks high in protein may help provide satiety and appetite



Claudia Woods, Pixabay

control. Include your favorite nuts and seeds to add protein to your mix. My favorites would include almonds, cashews, pumpkin seeds or sunflower seeds. Buy them unsalted to help keep your sodium intake low!

Dash of sweet

A lot of people like a sweet and salty trail mix. Including a dash of sweet can be part of a healthy snack, in moderation. My favorite sweet to add is dark chocolate because it has anti-oxidants that may help to lower blood pressure and LDL cholesterol. Choose dark chocolate that has at least 70% cocoa in order to receive the most health benefits with not as much fat and sugar as other chocolates. Otherwise, you can include a dash of candy coated chocolates.

Remember portion control

Depending on your ingredients, calories can add up fast and the trail mix can turn into a high-calorie snack. Nuts and seeds have a lot of calories, but provide many nutrients and healthy fats. Candy has a lot of empty calories, which are calories from solid fats and/or added sugars that provide little or no nutrients.

Choosing higher calorie ingredients means you have to pay attention to portion size. Snacks usually range from 100–200 calories. Don't forget to eat the right portion size that fits your calorie needs. A 1/4 cup of trail mix will usually provide you with the right amount of calories and nutrients to make it a healthy snack.

Check out
<http://food.unl.edu>
for more recipes and healthy tips

• Online newsletters • Blogs
• PowerPoints & handouts • More!



RECIPE OF THE MONTH

Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator

TRAIL MIX

(Makes 32 Servings)

4 cups Whole Grain Cereal
1 cup Dried Cranberries
1/2 cup Raisins
1/2 cup Banana Chips
1 cup Almonds
1 cup Dark Chocolate Chips

1. Add all ingredients in a large bowl.
2. Stir to mix.
3. Pour 1/4 cup trail mix into a snack-size storage bag.

KAYLA'S NOTES:

- I like to use Quaker Oatmeal Squares for the whole grain cereal.
- Feel free to make substitutions with your favorite ingredients.



Kayla Colgrove, Nebraska Extension in Lancaster County

Nutrition Information per serving (1/4 cup): Calories 107, Total Fat 5g, Saturated Fat 1g, Cholesterol 0mg, Sodium 35 mg, Total Carbohydrate 17g, Dietary Fiber 2g, Sugars 9g, Protein 2g

Temperature inversions affect pesticide applications

Tyler Williams
Extension Educator

Temperature inversions are a common occurrence in Nebraska and influence pesticide applications and controlled burns.

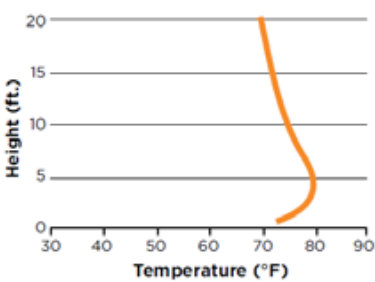
What is it?

A temperature inversion is a condition when the air close to the surface is cooler than the air above it, which is often referred to as “stable.” The conditions are considered stable because cool, dense air is not able to rise upwards into a warmer, less dense atmosphere above. Normal, “unstable” conditions indicate the air temperature decreases with height, which allows the warm air near the surface to rise.

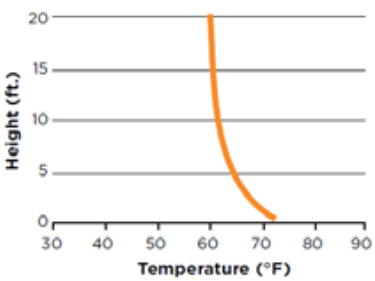
How does it form?

Temperature inversions form due to changes in incoming and outgoing shortwave and longwave radiation balance. Every object, plant, soil surface, etc. emits longwave radiation in all directions and when the incoming radiation becomes less than emitted radiation, there is a net energy loss and begins to cool. The surrounding air cools, becomes more dense and can no longer rise.

When the incoming solar radiation begins to re-heat the surface and surrounding air (net energy gain), the air begins to rise creating a circulation



Graph above shows “stable” conditions and indicates a temperature inversion. Graph below indicates normal or “unstable” conditions.



pattern. As the surface heating becomes greater, the circulation pattern will get larger and create unstable conditions, eliminating the temperature inversion.

Inversions can persist with wind speeds less than 4–5 mph; however, wind speeds greater than that will likely create turbulence and circulations, mixing the air mass. Even though wind speeds are light during an inversion, there may still be horizontal air movement and the direction can be highly variable. Cloud cover during the late evening through the overnight hours will limit or slow inversion formation by reducing radiation from leaving the lower

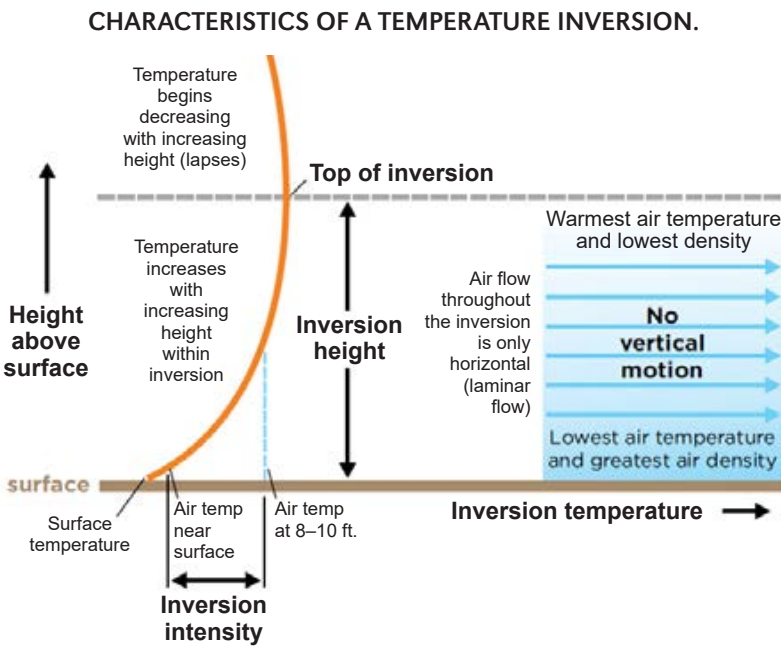
atmosphere, limiting the amount of surface cooling that takes place. The amount of moisture in the air can also impact inversion formation because dry air will cool faster, resulting in faster and stronger inversion development.

When does it form?

A typical inversion will begin to form when the surface starts cooling, which is often 1–3 hours before sunset. Inversions below five feet above the surface — or in valleys — may occur earlier. The inversion will typically persist and strengthen overnight where maximum intensity will occur shortly after sunrise, often lasting 1–2 hours after sunrise. Evening inversions pose a greater risk for pesticide movement than morning inversions due to this overnight persistence.

How to detect an inversion?

- Topography may indicate a risk of inversion because cold air flows down slopes and into valleys. Inversions usually form first — and are more intense — in low-lying areas.
- Dew or frost often occur during the inversion-forming process and may serve as a warning for an inversion.
- Fog could also indicate an inversion existed prior to fog formation and has intensified.
- Tree lines can cause localized inversions by reducing wind



speed, reducing the mixing of air, thus increasing the potential for an inversion.

- Dust or smoke that hangs in the air close to the ground indicates the air is stable and is not able to mix.
- Sounds (train) or smells (feedlot) that carry long distances may indicate an inversion.
- You can measure an inversion by taking temperature readings at two heights (ex. 1 ft and 8–10 ft) using a handheld temperature sensor.

Can you predict an inversion?

Predicting an inversion is quite challenging due to the many localized and small-scale

influences mentioned above. The basic, large-scale ingredients for an inversion are clear skies, dry air and low wind speed, which is often associated with high-pressure weather patterns. Forecasts that indicate these ingredients, especially during the evening and overnight, may be a good indicator of ideal, inversion-forming conditions.

The variability in topography and land-use alters the landscape within a county, region or even a field, which heavily influences low-level inversions.

Whether you are planning a herbicide application or prepping for a controlled burn, utilize these potential indicators to best plan your task and minimize unintended impacts.

Controlling tomato leaf spot diseases

Sarah Browning
Extension Educator

Nothing is better than a home-grown, garden tomato, but growing tomatoes does have its pitfalls, including disease problems. Tomatoes are subject to many diseases, both leaf spots and wilts.

Tomatoes are attacked by both fungi and bacterial diseases that affect the leaves, petioles and stems, and cause blemishes on the fruits. Foliage diseases weaken infected plants by killing the leaves, which are the plant’s factories for carbohydrate and energy production. Loss of foliage due to disease, causes the tomato plant to be less productive or vigorous. If foliage diseases are not controlled, they can lead to death of the plant.

If too many leaves are killed, then tomato production and quality will be affected. Severe foliage loss can lead to sunscald on developing tomatoes, which are suddenly exposed to more intense sunlight.

Common tomato diseases

Septoria leaf spot and early blight are two common fungal leaf diseases, while bacterial leaf spot and speck are caused by bacteria.

They all overwinter in the vegetable garden on infected plant debris. Fungal spores



Early blight appears as irregular, dark brown areas on the leaves with concentric, black rings developing into a target-like pattern as the spots enlarge.

are spread during the growing season by wind, water and human activity. Bacterial infections are spread primarily through rain splash and human activity.

Septoria leaf spot begins as tiny black dots on the leaves, enlarging to small circular spots with a dark margin and gray center. Infected leaves turn yellow and die. Elongated lesions develop on stems and petioles.

Early blight appears as irregular, dark brown areas on the leaves with concentric, black rings developing into a target-like pattern as the spots enlarge. Dark brown, sunken lesions form on stems and petioles. These symptoms appear about 10 days after infection. Early blight occurs in midsummer during warm, humid periods and can spread very rapidly.

Bacterial speck and spot are both spread from infected plant



Septoria leaf spot begins as tiny black dots on the leaves, enlarging to small circular spots with a dark margin and gray center.

debris during periods of humid, wet weather. Bacterial speck appears as tiny, pinhead sized, raised black specks on tomato leaves and fruits.

Bacterial spot is very similar to bacterial speck, but the leaf and fruit spots are slightly larger. On tomato fruits, bacterial spot results in slightly raised, brown, scabby lesions.

Disease control

Keep tomato leaves as dry as possible by applying water to the base of plants through soaker hoses, instead of using an overhead sprinkler. Water on the leaf surface promotes germination of fungal spores and leaf infection. There isn’t anything you can do about leaf wetness from rain or heavy dew, but you can avoid contributing to leaf wetness with your irrigation practices. Proper plant spacing allows leaves to dry after rain as quickly as possible.

If your vegetable garden is not mulched, then mulch it! One of the most common methods of tomato leaf infection is through rain splashing on bare soil. All of the diseases mentioned above overwinter on infected plant debris in the soil. During a rainstorm, water droplets hit the soil surface, splashing water and soil up onto the lowest tomato leaves.

Prevent rain splash in your garden by covering the soil with mulch. Apply a 2–3 inch layer of mulch, using clean straw, black plastic, newspapers topped with wood chips or any other coarse organic material. Mulch also helps suppresses weed growth, moderates soil temperature extremes and helps retain soil moisture.

Suppression of leaf spot diseases, once plants have been infected, can be accomplished through sanitation and the application of fungicides. Remove and discard heavily infected plants. Minor infections may be slowed by removing diseased leaves as they appear.

Fungicides are protective; they keep healthy leaves from becoming infected. Fungicides are not curative. This means that infected foliage will remain diseased and may die. Fungicides must be applied on a regular basis to provide continued protection for the healthy leaves.

Fungicides commonly used in vegetable gardens include:

- liquid copper (Bonide Copper Fungicide)
- chlorothalonil (GardenTech Daconil, Bonide Fung-onil)
- mancozeb (Bonide Mancozeb)
- myclobutanil (Spectracide Immunox)
- neem oil (Bonide Neem Oil, Garden Safe Fungicide 2)
- sulfur (Bonide Sulfur Plant Fungicide)

These products are readily available at most garden centers. Read the fungicide label carefully!

Make specific note of these points:

- Determine how to use the product without causing plant damage.
- How often the product should be applied to provide effective disease control.
- How many days you must wait after the fungicide is applied before produce can be harvested.

Sanitation

Sanitation is very important for reducing disease pressure in your garden each year. This fall, remove all plant debris that is left in the garden before tilling.

Establish a 3–4 year rotation schedule in your garden, by moving those plants most affected by disease to containers or new plots of ground. Or choose not to grow heavily affected plants for a few years to reduce populations of disease organisms in the soil.

Teens learn about disaster preparedness and how to respond to emergencies during MyPI training

My Youth Preparedness Initiative (MyPI) is an award-winning disaster preparedness program for teens ages 13–18. Nebraska Extension is piloting the program statewide.

In April and May, several area teens took part in Lancaster County MyPI, learning about Community Emergency Response Team (CERT), how to participate in a disaster response, use emergency response equipment and render first aid. It was also an opportunity to explore career options.

MyPI participants are required to do a community service component (called PREP+6). Teens use the information they've learned to help their own family plus six additional families put together a disaster response kit (i.e. winter weather kit for car, go bag for their pet) and a communication plan or evacuation plan.

MyPI graduates are certified in CPR/AED through the American Red Cross and as members of Teen CERT through the U.S. Department of Homeland Security/Federal Emergency Management Agency. MyPI graduates also received backpacks filled with equipment needed for basic emergency responses.

More information and photos are online at <https://lancaster.unl.edu/4h/MyPi>. Another training in Lancaster County is being planned.



MyPI teens always use a buddy system, even when performing fire suppression techniques.



During light search and rescue training, Extension Associate Soni Cochran explains how to safely use cribbing to help lift objects off victims trapped under debris.



During the disaster simulation, MyPI teens set up an incident command structure, medical operations and search teams. MyPI instructors and volunteers from the Hickman Fire Department helped provide guidance and oversight during the simulation.



Congratulations to the first graduating class of Lancaster County MyPI: Trevor Anderson, Lexie Collins, Matthew Downey, Asher Hicks, Logan Hicks, Braden Hiser, Graydon, Kruse and Kolbe Villa. Instructors: Soni Cochran, Leo Larkin, Wilma Gerena, Joy Douglas, Tom Guilford and the late Bruce Marxsen. Providing additional instruction (not pictured) were: Phil Goering, Stan Draper and Jaci Foged.

PRETTY THINGS THAT STING

continued from page 1

Avoid attracting wasps

The best method to avoid wasp stings is to prevent them from nesting in highly frequented areas. Sealing holes and closing gaps in walls, capping pipes and equipment, and inspecting preferred areas will help deter nest building.

Many wasps are scavengers and will forage on a wide variety of foods, especially sweets in trash cans, open containers, spilled pop and rotting fruit. The best way to prevent wasps and yellow jackets in recreational areas is to minimize the time uncovered food and drink remain outdoors. If sweet beverages are left unattended, inspect to make sure a foraging wasp won't end up in your mouth.

Pest status of wasps

Bees and wasps become pests when they construct nests and forage in urban areas, such as houses, schools, businesses and other locations where humans frequent. Only female bees and wasps are capable of stinging because the stinger is a modified ovipositor or egg-laying device.

In general, solitary bees and wasps do not defend their nests and are not aggressive. (Male carpenter bees and male cicada killer wasps may demonstrate territorial behavior, but they lack the ability to sting.)

Social bees and wasps can become a hazard for humans when their nests are disturbed or the colony feels threatened. This can occur when there is a ground nest of bumble bees or yellowjackets and someone mows overhead. Bumble bees and social wasps can sting repeatedly.



Nests of stinging insects can be organized, disorganized, flat, layered, constructed underground, in voids, man-made cavities and/or made from paper, wax or mud.

Treatment for bee or wasp stings

Stings inflicted by bees and wasps are characterized by moderate to severe pain, localized reddening and swelling, but most people can recover after a few days. In the case of a minor reaction to a bee or wasp sting, wash and clean the area with soap and water, and then apply a cold compress of ice to relieve the pain and

ease any swelling. Honey bees have barbed stingers, which will remain in the skin and continue to release venom until it is removed, so it is important to remove the stinger by scraping it out with a straight-edged object. Some individuals suffer life-threatening anaphylaxis in response to the venom of bees and/or wasps and require immediate medical attention (i.e. EpiPen).

Finding and treating the nest

We do not recommend any treatment for solitary bees and wasps unless they are a health concern or causing structural damage. If honey bees swarm or established a hive in a wall void, it is best to call a local beekeeper to come and remove them. Bumble bee nests should not be treated unless absolutely necessary, as they are valuable pollinators, but where they pose a threat to humans, it may be warranted.

Though the best time to FIND the nest is during the day when foraging behavior can be observed, the best time to TREAT the nest is after dark. This is the most opportune time because temperatures are cooler and all foragers are in the nest. Attempting to treat during the day is not advisable because high numbers of active wasps increase the potential for defensive stings.

Chemical control for social wasps

There are many products labeled for wasps with different active ingredients (toxicants) available at local hardware stores. It is best to treat the nest in early summer when colonies are below peak population numbers and aggressive behavior is not yet evident. Always read and follow the insecticide label. Do not spray indoors!

Some situations may call for a professional pest management company, especially if people/children are at risk and the nest is extremely difficult to treat. Professionals have specialized equipment and training to complete the job safely during the day.

Jim Kalisch, UNL Department of Entomology

Photos unless otherwise noted: Jody Green, Nebraska Extension in Lancaster County


Plants for pollinators

Mary Jane Frogge
Extension Associate

Consider adding plants to your landscape that will benefit pollinators. It is necessary to

have a variety of plants blooming the whole growing season, April through October. Native plants are important to include because they have pollen and nectar sources for our native pollinators. Many of our favorite garden perennials are great for pollinators. It is fine to include them too, even if they are not native. Do not forget food plants for butterfly caterpillars. Herbs are perfect for pollinator gardens. And remember, no pesticides.

	Common Name	Scientific Name	Comments
Herbs	Basil	<i>Ocimum basilicum</i>	flowers for bees, bumble bees and butterflies
	Borage	<i>Borago officinalis</i>	flowers for bees and butterflies, food for butterfly larva
	Dill	<i>Anethum graveolens</i>	food for swallowtail butterfly larva
	Garden thyme	<i>Thymus vulgaris</i>	flowers for bees and butterflies
	Oregano	<i>Origanum vulgare</i>	flowers for bees, wasps and butterflies
	Parsley	<i>Petroselinum crispum</i>	food for swallowtail butterfly larva
Annual & Biennial Flowers	Blue salvia	<i>Salvia farinacea</i>	flowers for bees, bumble bees and butterflies
	Cosmos	<i>Cosmos</i> spp.	flowers for bees and butterflies
	Hollyhock, single	<i>Alcea rosea</i>	flowers for bumble bees
	Mexican giant hyssop	<i>Agastache Mexicana</i>	flowers for bumble bees and butterflies
	Rocket larkspur	<i>Consolia ajacis</i>	flowers for bumble bees and butterflies
	Sweet alyssum	<i>Lobularia maritima</i>	food for monarch butterfly larva
	Sunflower	<i>Helianthus</i> spp.	flowers for bees and butterflies, food for butterfly larva
	Zinnia	<i>Zinnia</i> spp.	flowers for butterflies
Native Perennials	Common milkweed	<i>Asclepias syriaca</i>	food for monarch butterfly larva
	Dotted gayfeather	<i>Liatris punctate</i>	flowers for bees, bumble bees and butterflies
	Hoary vervain	<i>Verbena stricta</i>	flowers for bees, bumble bees and butterflies
	Large Beardtongue	<i>Penstemon grandifloras</i>	flowers for bees, bumble bees and butterflies
	Pasque flower	<i>Anemone patens</i>	flowers for bees, early bloomer
	Pitcher sage	<i>Salvia azurea</i>	flowers for bees, bumble bees and butterflies
	Prairie ragwort	<i>Senecio plattensis</i>	flowers for bees and butterflies
	Prairie aster	<i>Aster turbinellus</i>	flowers for bees, bumble bees and butterflies
	Purple coneflower	<i>Echinacea purpurea</i>	flowers for bees, bumble bees and butterflies
	Rough gayfeather	<i>Liatris aspera</i>	flowers for bees, bumble bees and butterflies
	Swamp milkweed	<i>Asclepias incarnate</i>	food for monarch butterfly larva
Garden Perennials	Bee balm	<i>Monarda didyma</i>	flowers for bees, bumble bees and butterflies
	Black-eyed Susan	<i>Rudbeckia hirta</i>	flowers for bees and butterflies
	Blanket flower	<i>Gaillardia aristata</i>	flowers for bees and butterflies
	Blue False Indigo	<i>Baptisia australis</i>	flowers for bumble bees
	Butterfly milkweed	<i>Asclepias tuberosa</i>	food for monarch butterfly larva
	Coreopsis	<i>Coreopsis</i> spp.	flowers for bees and butterflies
	Hosta	<i>Hosta</i> ssp.	flowers for bumble bees
	New England Aster	<i>Aster novae-angliae</i>	flowers for bees, bumble bees and butterflies
	Speedwell, blue & pink	<i>Veronica spicata</i>	flowers for bees and bumble bees
	Tall Sedum	<i>Sedum spectabile</i>	flowers for bees and butterflies



GARDEN GUIDE

THINGS TO DO THIS MONTH

Mary Jane Frogge, Extension Associate

In July, a garden needs one inch of rain or water each week. Early morning is the best time to water. Evening watering is less desirable because plant leaves that remain wet through the night are more susceptible to fungus diseases. Mulch plants to reduce water losses and improve yields.

Many plants are easily propagated by layering in July. Verbenas, euonymus, English ivy and climbing roses are a few plants that will root if the stems are fastened down and covered with soil.

A brown or grayish cast over a lawn can be caused by dull or improperly adjusted mower blades that shred grass rather than cut it.

For fall harvest of lettuce, radish, carrots, beets, turnips, kale and spinach, sow seeds in late July to early August.

Continue to make successive plantings of crops like beans and sweet corn to provide a continuous harvest until fall. A small garden will produce a large quantity of vegetables if replanting is done throughout the summer.

Check the soil moisture of container grown vegetables and flowers daily. As the temperature rises, some plants may need water twice a day.

Store pesticides in a safe place in their original containers, away from children and pets. Use pesticides carefully in your garden. Read the labels and follow the directions. The warnings and precautions are for your protection.

Certain pesticides have a waiting period of several days between the time of the last spray and harvest. Read and follow directions on all labels before applying to your vegetable crops. Wash all produce thoroughly before use.

Cutting flowers is best done with sharp shears or a knife which will help avoid injury to the growing plant. A slanting cut will expose a larger absorbing surface to water and will prevent the base of the stem from resting on the bottom of the vase. It is best to carry a bucket of water to the garden for collecting flowers, rather than a cutting basket.

Cut back and fertilize delphinium and phlox to encourage a second flowering.

Control mosquitoes by eliminating all sources of stagnant water.

Divide and transplant bearded iris using the vigorous ends of the rhizomes. Discard the old center portion. Cut the leaves back to about six inches.

Continue attracting insect eating birds to the garden area by providing them with a fresh water source.

Tall flowers should be staked to prevent damage by wind. Use stakes which are large enough to support the plant but are not too conspicuous. Use soft twine or twist ties to secure.

Helping children benefit from nature’s gifts

Leanne Manning
Extension Educator

Have you ever given thought to all the benefits to children of letting them explore the natural world? When they are outdoors and climbing trees, skipping stones, scaling rocks or rolling down the hill, they are getting much needed physical activity which can help curb childhood obesity.

The visual beauty of nature also has a calming effect on children. They can relax, breathe deeply and reflect on their surroundings. Think about when you were young and you laid down in the grass and looked for shapes among the clouds in the sky and how relaxing that experience was.

Children can also use their senses to explore nature. Ask them, “What do you hear as you stand here under the trees? What do you smell or what does the branch of the evergreen tree



Soni Cochran, Nebraska Extension in Lancaster County

caring for a pet. This helps children develop empathy as they make the connection between their timely and responsive caregiving to their pet’s or plant’s well-being.

Give children tools to further their nature exploration. Some ideas include: collection boxes, small hand tools like shovels or trowels, packets of seeds to plant, a bucket or tub for water play, magnifying glasses, binoculars, pencils, crayons and paper. Having nature-related storybooks will also encourage children to explore outdoors.

Adults can help children explore nature by planning developmentally appropriate activities and by taking children on trips to parks or other nature areas. Adults can take infants outside and talk to them about what they are seeing or hearing, for example, “Do you hear that cow mooing? Cows use mooing to talk to each other.”

When children get older, ask them higher level questions about cows such as, “Where do cows live? What types of food do cows eat?” It is also important to let children explore on their own. When given the time to freely

experience nature, they will build their own relationship and sense of wonder with nature.

Source: Penn State Extension publication, “Children and Nature: Are We Supporting the Connection?”

Upcoming Learning Child Trainings

Nebraska Extension teaches several early childhood development classes for child care providers. Listed are upcoming classes held at the Lancaster Extension Education Center, 444 Cherrycreek Road (unless location otherwise noted). For additional information or to sign up, contact Jaci Foged at jfoged2@unl.edu or 402-441-7180. Some registration forms are at <http://lancaster.unl.edu/family>

Nutrition and Physical Activity Self-Assessment for Childcare workshop (NAP SACC) —

- Monday, July 16 and Tuesday, July 17, 12:30–3:30 p.m. Participants must attend both sessions. FREE. Register by July 9.
- Tuesdays, Sept. 25, Oct. 2 and Oct. 9, 6:15–8:15 p.m. Must attend all three sessions. FREE. Register by Sept. 18.

Child Care Group Opportunity at Fair

Fair Fun Day at Lancaster County Super Fair —

Friday, Aug. 3, 9:30–11:30 a.m. or 1–3 p.m. at the Lancaster Event Center, 84th & Havelock, Lincoln. All child care groups with youth kindergarten graduates through 4th grade are invited to participate. Guided tour includes hands-on activities, demonstrations and displays/animals. A registration fee of \$1 per child. Register by July 16. Registration form at <http://lancaster.unl.edu/family> or contact Jaci Foged at 402-441-7180.



HEART OF 4-H VOLUNTEER AWARD

Tabetha Burnham

Lancaster County 4-H is proud to announce Tabetha Burnham of Lincoln as winner of the July "Heart of 4-H Award" in recognition of outstanding volunteer service.

She is a project leader for the Fusion 4-Hers club, which has been recognized as Nebraska Club of Excellence the past three years. She helps with the monthly meetings and club's many community service projects, including Kiwanis Karnival. In addition, Tabetha has helped at the Lancaster County Super Fair during 4-H static exhibit judging and in the 4-H food stand.

"I have a passion for serving our community and growing our youth," she says. "My favorite experience as a 4-H volunteer was learning to sew with my daughter and adding another hobby to my list. Thanks to our wonderful leaders with amazing sewing skills, we have both learned so much. I wanted to learn so I could be another pair of hands to help our club and my daughter with sewing. We now have a sewing room in our house and enjoy making several items."

Lancaster County 4-H thanks Tabetha for donating her time and talents. People like her are indeed the heart of 4-H!



SUPER FAIR 4-H/FFA ANIMAL ENTRIES MUST BE SUBMITTED ONLINE BY JULY 1

New in 2018, all 4-H/FFA animal entries for the Lancaster County Super Fair must be entered online at <http://lancaster.fairmanager.com>. This includes stall requests and livestock/poultry exhibitor T-shirt sizes. No paper forms will be accepted!

Deadline is Sunday, July 1, 11:59 p.m. No late entries will be accepted! Beef, dairy cattle, bucket calf and llama/alpaca bedding fees, and Horse Roping/Working Ranch Show livestock fees will have online worksheets to fill out, print and submit to the Extension office with payment (cash or check) by Friday, July 6.

Step-by-step instructions with pictures is at <http://lancaster.unl.edu/4h/fair>. If you have questions about the process or need access to a computer, call Heather Odoski at 402-441-7180.

Horse reminder — you must have all Horsemanship Level requirements completed before July 1 to show at the Super Fair.

4-H/FFA Livestock Booster Club scholarships

Applications for the Lancaster County 4-H/FFA Livestock Booster Club \$500 college scholarship are due July 6. Open to all Lancaster County 4-H/FFA seniors, but preference to those who have exhibited production livestock in 4-H or FFA. The application is at the Extension office and online at <http://go.unl.edu/5bg>. For more information, contact Cole at 402-441-7180. Two winners will be announced at the Youth Livestock Premium Auction.

4-H sewing help sessions

Kath Conroy, a 4-H clothing superintendent, is offering to help 4-H youth with their sewing projects again this year. This exceptional seamstress has many years of experience helping 4-Hers. Four help sessions will be held Monday, July 9 through Thursday, July 12, 12:30–4:30 p.m. each day at the Bernina Sewing Center at 5625 'O' Street, Lincoln. Bring your sewing machine, sewing supplies and project. Kath will be available to help with fitting, cutting fabric, zippers or anything else needed. 4-Hers may attend some or all sessions. There is no cost and registration is not required.

Babysitting Training for 5th–7th graders, July 18

A Babysitting Training through the American Red Cross taught by Extension Educator Jaci Foged will be held Wednesday, July 18, 8:30 a.m.–4:30 p.m. at the Lancaster Extension Education Center. Register by Tuesday, July 9. Open to all youth ages 11–15 (do not need to be in 4-H). Cost is \$35. Bring a sack lunch. If class fills up, a second training will be held Thursday, July 19. More information and a registration form is online at <http://lancaster.unl.edu/family/babysittingclass18.pdf>.

4-H summer camps

It is not too late to sign up for 4-H summer camps which are offered through Aug. 7. With locations at Gretna and Halsey, there are over 45 camps ranging from half day to five days/four nights. Many camps still have openings! Open to all youth ages 5–18 (need not be in 4-H).

A wide variety of programs are offered including:

- team-building challenge courses — low initiatives, high initiatives, zip lines
- shooting sports — archery, air rifles, shot gun, .22 rifle, muzzleloader
- aquatics — canoeing, fishing, tubing, kayaking, tanking, swimming
- nature programing and GPS
- arts, crafts, exploration, campfires, games, songs and fun!

More information is at <http://4h.unl.edu/camp-centers> and the Extension office.



4-H district speech/PSA contest results

The 2018 4-H Southeast District Speech and Public Service Announcement (PSA) contest was held in May at University of Nebraska–Lincoln East Campus. The top five in each division received medals. Medal winners in the senior divisions advance to the state contest which will be held during the Nebraska State Fair. The following Lancaster County 4-Hers earned purple ribbons. Congratulations to all youth who participated!

SPEECH CONTEST

- **Junior division:** Khloe Cuttlers, Ethan Gabel, Micah Pracheil
- **Senior division:** Addison Wanser (medal)

PUBLIC SERVICE ANNOUNCEMENT (PSA) CONTEST

- **Junior division:** Holly Bowen, Vanessa Peterson (medal)
- **Intermediate division:** Sarah Lange, Riley Peterson, Eliese Schwinck (medal)

4-H Companion Animal Challenge results

The statewide 4-H Companion Animal Challenge was held on March 10 at UNL East Campus. Youth entered in five events: dog skill-a-thon, dog quiz bowl, demonstration, art contest and photography contest. Congratulations to all Lancaster County 4-H members who participated! Below are the Lancaster County purple ribbon winners and champions.

DOG SKILL-A-THON

- **Senior division:** Emmi Dearthmont (champion)
- **Intermediate division:** Taylor Root (champion), Maleah Jamison (reserve champion)

DEMONSTRATIONS

- **Team:** Taylor Root & Maleah Jamison (champion)

ART CONTEST

- **Intermediate division:** Isabella Grosskopf (reserve champion)
- **Senior division:** Elisabeth Moyer (champion)

PHOTOGRAPHY CONTEST

- **Junior division:** Zoey Jamison (champion) (blue ribbon winner)



HORSE BITS

Horse Incentive forms due July 27

Any Lancaster County 4-Her may participate in the horse incentive program and earn points by participating in horse-related activities between January 1 and July 20. The more points you earn, the more valuable the reward! The points you tracked from participating in horse-related activities must be totaled on the Horse Incentive Summary Sheet. Official sheets and Reward Request Form are due to the Extension office no later than Friday, July 27. More information can be found at <https://lancaster.unl.edu/4-h-horse-project-resources>.

State 4-H Horse Show

The Fonner Park State 4-H Horse Exposition will be held July 15–19 at Fonner Park in Grand Island. Information is at <http://4h.unl.edu/horse/state-expo>.

Health papers

A 14-day health certificate and a negative Coggins Test will be required for all horses attending the State 4-H Horse Expo in Grand Island. All horses will be checked.

No 4-H horse exhibitors and/or owner shall exhibit a horse at the Fonner Park State 4-H Horse Exposition that has been given, in any manner whatsoever, internally or externally, a narcotic, stimulant, depressant, analgesic, local anesthetic or drug of any kind within 24 hours before the first scheduled event of each show day at 8 a.m.

If your horse is prescribed phenylbutazone and/or aspirin-like products, you must file a statement in the 4-H Horse Show office before the horse can be shown. This statement must describe the treatment reason and be signed by an accredited D.V.M.

Notice to exhibitors

Please bring a stall gate at least 48-inches wide. All stalls will be required to have bedding and must be cleaned before releasing. Shavings will be available for purchase on the grounds. Please bring your own feed.



LANCASTER COUNTY Super Fair

Aug. 2-5, 2018

Lancaster Event Center



4-H & FFA Fair Books have complete information about entering 4-H/FFA exhibits and contests. Fair Books are available at the Extension office and at <http://lancaster.unl.edu/4h/Fair>



4-H & FFA entry pass hangtags

4-H/FFA exhibitors can get free 4-H/FFA entry pass hangtags for their immediate families at the Extension office (available July 1–August 1). These entry passes allow one vehicle and its occupants to enter the fairgrounds each day Thursday, August 2–Sunday, August 5, 11 a.m. and park in designated areas. (No entry pass required starting Monday, August 6.)

4-H/FFA families may enter Gate 1 (84th Street) or Gate 3 (Havelock Avenue — 2nd driveway). Gate 3 right lane will be an exhibitor express lane when possible. Static exhibitors are recommended to use Gate 1 on check-in/check-out days (see instructions in Fair Book on page 8).

Every 4-H/FFA vehicle needs an entry pass hangtag — NO EXCEPTIONS — so be sure to get a hangtag for every vehicle used during the fair (e.g. mom, dad, teen exhibitors that drive). General parking without the entry pass will be \$5 daily.

These passes are for 4-H/FFA members and their immediate family only. Please do not abuse this privilege.

Presentations, July 14

This year's Presentations Contest will be Saturday, July 14, 8:30 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. Register by Monday, July 9 calling 402-441-7180 and providing youth name(s), age(s) by Jan. 1 of current year, presentation title, class number and time slot preference. Specify if it is a team presentation. Open to all 4-H'ers ages 8–18. Need not be enrolled in a specific project. See Fair Book page 14 for complete contest information. A "how-to" handout is available at <http://lancaster.unl.edu/4h/Fair> and the Extension office. All participants are strongly encouraged to read the handout.

4-H volunteers needed

Lancaster County 4-H is asking for adults *and* youth to help 4-H during the Lancaster County Super Fair. If you, someone from your club or an interested volunteer would like to help, contact the Extension office at 402-441-7180.

- **IN THE 4-H FOOD STAND** (ages 8 and up) from Wednesday, Aug. 1 through Sunday, Aug. 5 (sign up online at <http://go.unl.edu/foodstandsignup>). All volunteers are strongly encouraged to attend a food stand training on Sunday, July 29, 5 p.m. at the Lancaster Event Center – Lincoln Room.
- **STATIC EXHIBIT SET-UP** (ages 8 and up) on Sunday, July 29, 5:30 p.m. in the Lincoln Room. Pizza will be served to volunteers after set-up.
- **DURING JUDGING OF STATIC EXHIBITS** (ages 12 and up) on Wednesday, Aug. 1.
- **TEEN TOUR GUIDES ARE NEEDED FOR FAIR FUN DAY** (ages 14 and up) for child care groups on Friday, Aug. 3 at 9–11:30 a.m. and 12:30–3 p.m.

Note new dates and times!

Fashion Show judging, July 24

• Public Fashion show, Aug. 2

Fashion Show judging will be Tuesday, July 24, 8 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. The public Fashion Show will be Thursday, Aug. 2 at 7 p.m. at the Lancaster Event Center, Exhibit Hall. A handout and entry forms are available at the Extension office or online at <http://lancaster.unl.edu/4h/Fair>. Must submit entry forms by July 17.

Static Exhibit check-in July 31, 4–8 p.m.

4-H & FFA static exhibits do not preregister, but **MUST** be physically checked in during Static Exhibit Check-in on Tuesday, July 31 between 4–8 p.m. at the Lancaster Event Center, Lincoln Room. An adult — such as a club leader or parent(s) — should assist 4-H members in entering exhibits. A registration table is set up for each of the project areas — please take project(s) to the appropriate area(s). All entry tags, additional information, recipe cards, data tags, etc. **MUST** be attached at this time.

EACH 4-H static exhibit must have a **4-H Static Exhibit Entry Tag** attached. Some classes require additional information — see 4-H/FFA Fair Book for detailed entry requirements for each class. Specific tags are required to be completed and attached to the following exhibits:

- **Home Environment Supporting Information Tag** for each home environment exhibit. Information on this tag may be provided on a half sheet of paper. Note: "Quilt Designs Other Than Fabric" exhibits also use this tag.
- **Food Preservation Card** for each food preservation item.
- **Photography Data Tag** for each photography exhibit.

4-H Clover Kids (ages 5-7) static exhibits require a Clover Kids Entry Tag.

It is highly encouraged to pick up tags/cards at the Extension office or download at <http://lancaster.unl.edu/4h/fair> and fill them out beforehand, however, tags/cards will be available during check-in. (Exception: Static Exhibit Entry Tag is not available online because it is a carbon-copy triplicate.)

All static exhibits will be released on Monday, Aug. 6 from 7–11 a.m. Please pick up premium payouts **BEFORE** picking up static exhibits. Staff at the payout table will provide a list of each 4-H'ers static exhibits, which will help families collect all of their projects without leaving any behind.

Interview judging, Aug. 1

Interview judging is Wednesday, Aug. 1 beginning at 9 a.m. in the Lincoln Room. 4-H'ers have the opportunity to talk to judges about their fair static exhibits and share what was easy, what was challenging and the lessons they learned. 4-H'ers also learn what the judge looks for and how to improve skills. 4-H'ers may interview judge ONE exhibit from each project area. Refer to page 17 of the Fair Book for project areas which have interview judging. **To sign up members for a five-minute time slot, call the Extension office at 402-441-7180 between July 9 and 27.** If slots are still available, you may sign up during Static Exhibit Check-in on Tuesday, July 31, 4–8 p.m.

Table Setting Contest, Aug. 3

The Table Setting Contest will be held during the Super Fair on Friday, Aug. 3 at the Lancaster Event Center (Exhibit Hall — use east entrance). Judging time slots are 5, 6 and 7 p.m. Register by Tuesday, July 24 by calling 402-441-7180 (there is no entry form). Provide 4-H'ers age and category (picnic, casual, formal or birthday). A "how-to" handout is available at the Extension office or online at <http://lancaster.unl.edu/4h/Fair>. Participants select a theme and display one place setting, including table covering, dishes, glassware, silverware, centerpiece and menu. (Do not bring/prepare food.)

Chicken Dinner fundraiser, Aug. 3

Lancaster County 4-H Council is hosting a Chicken Dinner on Friday, Aug. 3, 5:30–7:30 p.m. at the Exhibit Hall - Lancaster County Farm Bureau Room (during the 4-H Table Setting Contest). Dinner features Raising Cane's chicken fingers hot off their food truck, tasty side dishes, dessert and a drink! This is a fundraiser for 4-H Council to help support 4-H youth programs, activities and scholarships. Advance tickets may be purchased for \$8 at the Extension office before the Super Fair or at the 4-H food stand during the fair. Tickets at the door are \$9.

New this year — a silent auction at the Chicken Dinner fundraiser. Cash or check only.

Clover Kids Show & Tell, Aug. 5

All Clover Kids, youth ages 5–7 by Jan. 1, 2018, are invited to show & tell one of their 4-H exhibits or a small animal during Clover Kids Show & Tell on Sunday, Aug. 5 in the Lincoln Room, Clover Kids exhibit area (15-minute time slots run from 1–2:45 p.m.). Clubs may show a group project or perform a short skit or song. See page 12 of the Fair Book for more information. To sign up for a time slot, call 402-441-7180 between July 9 and July 27. If slots are still available, you may sign up at the static exhibit area Tuesday, July 31, 4–8 p.m.

Livestock Information

Livestock reminders

- Market beef and breeding heifers check-in separately. Market beef are 10–11 a.m., breeding beef are 11 a.m.–12 noon on Thursday, Aug. 2.
- All registered breeding heifers must have current registration papers and tattoos presented at check-in. If registration papers are not shown at check-in, heifer will be shown as a commercial breeding heifer.
- Champion senior showman from Beef, Dairy Cattle, Sheep, Swine and Meat Goats are eligible for the Elite Showmanship Contest.

Livestock Judging Contest, Aug. 5

A 4-H/FFA Livestock Judging Contest will be held Sunday, Aug. 5, 12 noon–2 p.m. in Pavilion 1. Register by Thursday, Aug. 2, 6 p.m. in the Livestock Office at the fair. Come join the fun judging livestock and bring your parents! There will be a short orientation before the contest, outlining how to fill out the judging cards and where to answer questions for those who have never judged before.

Youth may judge as individuals or teams. Teams will consist of four youth and one adult.

Seven classes shall consist of two beef, two sheep, two swine and one meat goat. Classes will be decided day of contest and could consist of market and/or breeding animals. Contestants will have 12 minutes to judge each class. No reasons will be given, however questions will be asked on three classes.

Youth Livestock Premium Auction donations

Please remember to talk with your community businesses to get donations for the Lancaster County Youth Livestock Premium Auction. The success of the auction is dependent on 4-H'ers to acquire donations and buyers for the auction to support scholarships for the youth of this county! For more information, call Scott Heinrich, auction committee chair at 402-480-0695.

Video Companion Animal (and Cat) Showmanship Contest

The Nebraska 4-H Video Companion Animal Showmanship Contest provides youth an opportunity to showcase their knowledge and skills they have developed in their 4-H companion animal project. This statewide contest is open to youth ages 10–18 who are enrolled in one of these companion animal projects: cat, ferret, guinea pig or rodent (mice, rats, hamsters, gerbils).

Lancaster County 4-H staff will record videos on Thursday, Aug. 2 after the 4-H Cat and Household Pets Shows at the Lancaster County Super Fair. Youth should thoroughly review the rules and regulations before participating. The local Extension office will then submit youth's entry including the video recording and, if required, Cat and Ferret Vaccination Form.

Contact Kate Pulec before the fair at 402-441-7180 or at the cat and/or household pets show check-in. More information, rules and regulations are at <https://4h.unl.edu/companion-animal/showmanship-contest>.



EXTENSION CALENDAR

All events will be held at the Lancaster Extension Education Center,
444 Cherrycreek Road, Lincoln, unless otherwise noted.

June

- 25 Pesticide Applicator NDA Walk-in "Testing Only" Session .. 9 a.m.–2 p.m.**
25–26 Premiere Animal Science Events (PASE)/FCS Life Challenge,
UNL East Campus
26 4-H Horsemanship Level Testing, Lancaster Event Center – Pav. 4,
Amy Countryman Arena 5:30 p.m.

July

- 1 Deadline for All 4-H/FFA Lancaster County Super Fair Animal Entries**
4 Independence Day — Holiday Closed
6 Deadline for 4-H/FFA Livestock Booster Club College Scholarships
9–12 4-H Sewing Help Session, Bernina Sewing Center, 5625 O St. 12:30–4:30 p.m.
12 Co-Parenting for Successful Kids Class9 a.m.–12:30 p.m.
12 Pesticide Applicator NDA Walk-in "Testing Only" Session .. 9 a.m.–2 p.m.
13 Extension Board Meeting8 a.m.
14 4-H Presentations Contest 8:30 a.m.
15–19 State 4-H Horse Show, Fonner Park, Grand Island
16–17 Nutrition and Physical Activity Self-Assessment for Childcare Workshop
12:30–3:30 p.m.
18 Babysitting Training for 5th & 7th Graders 8:30 a.m.–4:30 p.m.
20 4-H Horse Incentive Program Last Day to Log Hours/Points
24 4-H Fashion Show Judging8 a.m.
26 Pesticide Applicator NDA Walk-in "Testing Only" Session .. 9 a.m.–2 p.m.
27 4-H Horse Incentive Program Forms Due to Extension
29 4-H Food Stand Volunteer Training, Lancaster Event Center – Lincoln Room ..
.....5 p.m.
29 4-H Static Exhibit Set-Up for Lancaster County Super Fair, Lancaster Event
Center – Lincoln Room 5:30 p.m.
31 4-H & FFA Static Exhibit Check-In for Lancaster County Super Fair,
Lancaster Event Center - Lincoln Room 4–8 p.m.

Club of the Month Boots N' Hooves

Congratulations to the Boots N' Hooves 4-H club for being awarded the Nebraska 4-H Club of the Month for February 2018! Each month, the Nebraska 4-H Foundation awards one club in the state with a certificate and \$50 cash card.

Boots N' Hooves is a horse club based in Waverly which has truly made a difference in its community. The club is dedicated to building strong citizenship and teamwork through various activities. Throughout the 4-H calendar year, the club likes to perform a community service project at least once a month. They have done projects ranging from bell ringing for the Salvation Army, participating in the March of Dimes, donating to the local animal shelter and picking up trash in nearby wilderness trails.



Boots N' Hooves 4-H club earned large club champion for top stall decorations at the 2017 Lancaster County Super Fair, recognized at last year's Lancaster County 4-H Horse Awards night.

Additionally, Boots N' Hooves helped lead Lancaster County 4-H's horse levels testing prep clinic in 2017 (and 2018). This clinic helped other 4-H'ers and parents involved in horse projects — both beginners and experienced — learn what to expect to pass their desired level. These community service

projects all stem from the members' goals for the club. They pride themselves in presenting good sportsmanship, herdsmanhip and fellowship.

Clubs can nominate themselves for the Nebraska 4-H Club of the Month by going to www.ne4hfoundation.org/recognition.

11 4-H clubs helped at Kiwanis Karnival



About 350 people attended Kiwanis Karnival in April at Elliott Elementary. Ten 4-H clubs created and staffed 14 game booths. Teen Council members ran Bingo for adults. Lincoln Center Kiwanians served hot dogs, chips and ice cream.

Kiwanian and Nebraska Extension in Lancaster County Emeritus Lorene Bartos said, "The families and staff at Elliott school shared what a great event this is and how everyone had a great time. The 4-H'ers enthusiasm and creativity in planning and running the games was outstanding. A special thank you to the 4-H'ers and their families!"

4-H Council Golf Tournament Fundraiser, Sept. 16

Save the date — a 4-H Council Golf Tournament Fundraiser will be held Sunday, Sept. 16 at the Hidden Valley Golf Club, 10501 Pine Lake Road, Lincoln with a 1 p.m. shotgun start. This tournament is a four-person scramble and costs \$75 per golfer or \$300 per team. It includes:

- 18 holes, cart and range balls
- Snacks and one meal
- Random flight prizes of \$150 each
- Beverage cart available
- Raffle prizes

For reservations, call Lancaster County Extension at 402-441-7180. For hole, other sponsorships or prize donations, contact Mitch Sump at 402-432-1031 or mitchsump1996@gmail.com or Jerry Morris at 402-261-9861 or packmn69@yahoo.com. Tournament sponsor is The Duffers Golf League.

EXTENSION NEWS

Two Extension Educators promoted



(L-R) Tyler Williams and Alyssa Havlovic

Congratulations to two Extension educators at Nebraska Extension in Lancaster County who recently received promotions.

Tyler Williams joined Nebraska Extension in Lancaster County as an Extension Educator in January 2015. His educational outreach includes Lancaster, Cass and Otoe counties. Tyler's focus is on enhancing cropping system resiliency to climate variability. He is the only extension educator in Nebraska with a focus in climate. Previously, Tyler was with Extension for five years in Phelps and Gosper Counties.

Alyssa Havlovic joined Nebraska Extension in Lancaster County as an Extension Educator in August 2016. She delivers nutrition and physical activity education to elementary-age youth through the Growing Healthy Kids program. Previously, Alyssa worked with the Growing Healthy Kids program for four years in the University of Nebraska–Lincoln's Department of Nutrition and Health Sciences.

4-H interns assist during summer



(L-R) Abby Babcock, Sheridan Swotek and Jayde Hessler

Each year, student interns join the 4-H staff at Nebraska Extension in Lancaster County and provide much needed assistance during the summer for contests, Lancaster County Super Fair and other activities.

- **Jayde Hessler** assists Kate Pulec with the horse, rabbit, cat and household pet projects. This is her first summer as a 4-H intern. Jayde just finished her third year at the University of Nebraska–Lincoln where she is majoring in Animal Science with an emphasis in Production Animal Management.
- **Abby Babcock** assists Kristin Geisert with Clover College, Super Fair static exhibits and contests. This is her first summer as a 4-H intern. Abby just finished her freshman year at John Brown University (Siloam Springs, Ark.), where she is majoring in English with an emphasis in creative writing. Abby was a Lancaster County 4-H member for 11 years.
- **Sheridan Swotek** assists Cole Meador with the livestock, dog and poultry projects. This is her first summer as a 4-H intern. Last summer, Sheridan worked as the residential camp director at the Nebraska State 4-H Camp in Halsey, Neb. She just finished her sophomore year at UNL where she is majoring in Agricultural Education and minoring in Animal Science. Sheridan was a Lancaster County 4-H member for 12 years.

Lancaster County years of service

Recently, **Karen Wedding**, a Lancaster County employee (Clerk Typist II) at Nebraska Extension in Lancaster County, was recognized for 20 years of service to Lancaster County.